



Strong. Smart. Beautiful.

# STEPPER OWNER'S MANUAL



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### 1.1 READ AND SAVE THESE INSTRUCTIONS

- This stepper is intended for commercial use
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Stepper.
- Unsupervised Children must be kept away from this equipment

When using an electrical product, basic precautions should always be followed, including the following:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

Your MATRIX stepper is self-generating (requiring no external power source) and must be pedaled to power up the console.

The battery needs to be charged for 3-4 hours when first installed. Until the battery is fully charged, the 30 second pause feature may not function fully. The charging does not need to be continuous for 3-4 hours, but over combined workouts equaling 3-4 hours.

**WARNING:** To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug the entertainment equipment from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove side covers. Service should only be done by an authorized service technician.
- Never operate the Stepper with the air opening blocked. Keep the air opening clean, free, of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by entertainment equipment poser cord or use cord as handle.
- Keep any of the entertainment equipment power cords away from heated surfaces
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Stepper is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Stepper to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.

**CAUTION:** If you experience chest pain, nausea, dizziness or shortness of breath, **STOP** exercising immediately and consult a physician before continuing.

### 1.2 SETTING UP THE STEPPER

Assembly instructions have been provided with your Stepper. For your safety, please read and follow each of the steps in the assembly guide.

### 1.3 INSTALLATION REQUIREMENTS

Your Matrix Stepper is designed to be self contained and does not require a power supply to operate. It has an internal battery to initialize and display the workout readout or information while stepping to a stop. The unit's battery is recharged every time you exercise for a reasonable period of time.

**CAUTION:** Use of the wrong power supply for the entertainment device may cause damage to your Stepper and/or entertainment device.

Locate a level, stable surface to position the Stepper. The Stepper has leveling feet located under the foot support. If your Stepper wobbles in the location where you intended to use it, loosen the lock nut on the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

### 1.4 BATTERY CHARGE

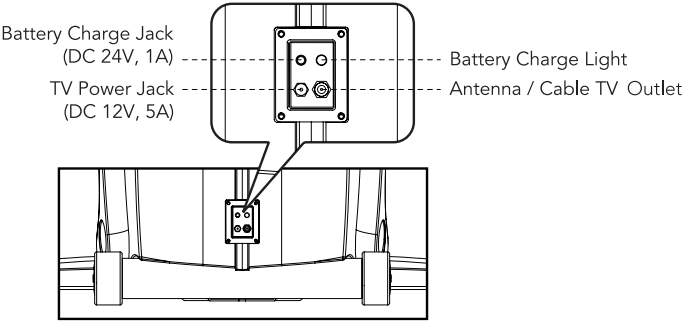
The Stepper saves its battery charge by moving into a shutdown mode whenever STEP FASTER appears on the display. If the user does not maintain a step rate above 35 steps per minute, then a 30-second shutdown process begins.

When the battery voltage is low, LOW BATTERY appears on the display if the unit is moving into the shutdown mode. The following situation is the time to recharge the battery:

- If no one has used the unit for an extended period of time, the battery may need recharging.
- The unit continues to function with a low battery, however, user and program information is lost once the user stops.

If the battery must be recharged, use the optional power adapter charging unit. The charger should be connected to the Stepper for a minimum of eight hours to ensure a thorough charge. After a completion of charge, the battery light turns from red into green (see illustration). If LOW BATTERY still appears on the display in a full of charging, the battery could be extinct. Please check with an authorized service technician for replacing the battery.

**CAUTION:** The battery stored inside the unit contains hazardous materials to the environment. Proper disposal of the battery is required by the local law.



1.5 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your Matrix Stepper.

Please read and follow these tips:

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration of plastics.
- Locate your equipment in an area with cool temperatures and low humidity
- Clean with a soft, 100% cotton cloth
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe handles, heart rate grips and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.

2.1 USING MANAGER PREFERENCE MODE

Your Matrix Stepper is designed to allow you to customize settings for your preferences and diagnostics. The Manager Mode can only be accessed while the Stepper is powered up. Follow the instructions to adjust the Stepper computer to your desired setting.

**STEP 1:** Power up the Stepper and hold the **UP** and **DOWN ARROW KEYS** for 3 seconds. The word “Manager” will appear in the alphanumeric window and will enter into the Manager setting automatically after 3 seconds. Continue to step until finished.

**STEP 2:** Select information you would like to view or change from the following list by using the **UP** or **DOWN ARROWS**. Press **SELECT**.

Manager mode will allow you to view and set the following:

DISPLAY	CODE: INFORMATION	USER DEFINABLE	DEFAULT VALUE	MIN.	MAX.
Manager	P0: Maximum Time	Y	95 min	10	95
	P1: Default Time	Y	20 min	10	95
	P2: Default Level	Y	L1	L1	L20
	P3: Default Weight	Y	75kg / 150 lbs	30kg / 60lbs	182kg / 400lbs
	P4: English / Matric	Y	Miles	KM	Miles
	P5: Machine	Y	ST	ST	ST
	P6: Cardio Entertainment	Y	On	On	Off
	P7: Accumulated Distance	N			
	P8: Accumulated Time	N			
	P9: Language	Y	English		
	P10: Software Version	N			
	P11: Error Log	N			

**STEP 3:** Use **UP** or **DOWN ARROWS** to increase or decrease values.

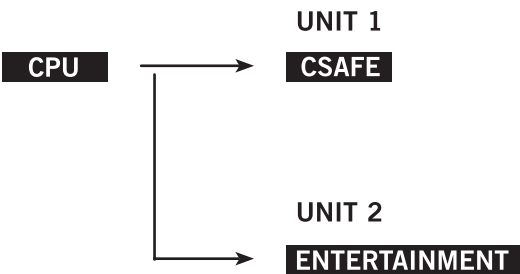
**STEP 4:** Press **START** to save and enter selected values and exit to **STEP 2**.

**STEP 5:** Exit by pressing **START**. Screen will reset to start up.

2.2 USING CSAFE

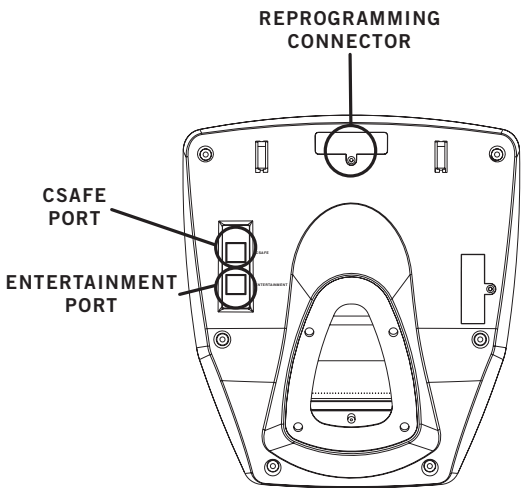
Matrix is the leader in entertainment availability. On the back of the console are two **RJ45** receptacles. They are marked **CSAFE** and **ENTERTAINMENT**.

Use the **CSAFE** port to plug in a **CSAFE** device using an **RJ45** connector. The connection is as follows:

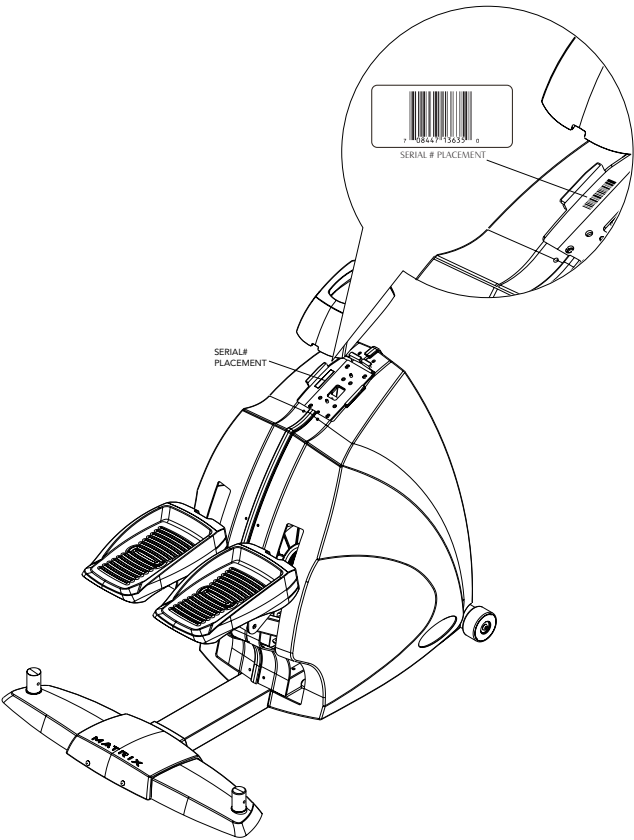


2.3 USING (BACK SIDE) ACCESS LAYOUT:

Below is a layout to all of the access ports on the back of your Matrix Console.



3.1 STEPPER



## CHAPTER 4: USING THE STEPPER

### 4.1 PAUSING THE UNIT

Once you stop stepping, your console has a 30 second pause feature. You will know that the machine is paused because the console will display a bouncing green dot. If the dot is not displayed, the 9-volt battery located in the back of the console needs to be replaced. Simply remove the screw to access the battery compartment and replace the 9-volt battery.

### 4.2 CONSOLE DESCRIPTION



**PROGRAMS:** Simple program selection buttons make Matrix Cycles easy to use. Matrix Cycles feature eight programs.

**START/QUICK START:** One Touch Quick Start and Start any time during preference selection.

**UP/DOWN:** Easy information and level selection.

**SELECT/SELECT SCREEN/ RESET:** This multi-function button enters information when setting up programming options, toggles information displayed and if held down for 5 seconds, resets the Cycle to Start-up mode.

### 4.3 MANUAL OPERATION

Use the programs with the touch of a button.

**QUICK START:** Start pedaling and press **START** to begin your workout. Manual mode allows you to enter your desired time, level and weight.

**STEP 1:** Press **SELECT** program button  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start the program.

**STEP 2:** Select **TIME** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.

**STEP 3:** Select Weight by using the **UP** or **DOWN ARROW KEYS**.  
Press **START** or **SELECT** to begin workout.  
Display will show "Starting 3, Starting 2, Starting 1."

### 4.4 OPERATING LEVEL BASED PROGRAMS

Your Matrix Cycle offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select **INTERVALS**, **ROLLING**, **FAT BURN** and **RANDOM** programs.

**STEP 1:** Press the **PROGRAM** button  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start the program.

**STEP 2:** Select **LEVEL** by using the **UP** or **DOWN ARROW KEYS**.  
You can change the level at anytime during the workout.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.

**STEP 3:** Select **TIME** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.

**STEP 4:** Select **WEIGHT** by using the **UP** or **DOWN ARROW KEYS**.  
Press **START** or **SELECT** to begin workout.  
Display will show "Starting 3, Starting 2, Starting 1."

# CHAPTER 4: USING THE STEPPER

## 4.5 FIT TEST

FIT TEST program is to monitor the development of your cardiovascular system and measure your fitness level based on your average heart rate during specific test stages. When the 5-minute test is completed, the display provides a fitness score and fitness category.

Follow these easy steps to enter in the Fit Test Program.

- STEP 1:** Select the **FIT TEST** button.
- STEP 2:** Select **AGE** by using the **UP** or **DOWN** arrow keys. Press **SELECT** or wait 5 seconds.
- STEP 3:** Select **GENDER** by using the **UP** or **DOWN** arrow keys. Press **SELECT** or wait 5 seconds.
- STEP 4:** Select **WEIGHT** by using the **UP** or **DOWN** arrow keys. Press **START** or **SELECT** to begin workout. Display, Starting 3, Staring 2, Starting 1.
- STEP 5:** Display will read results of FIT TEST.

## MEN'S OUTPUT TABLE FOR FIT TEST

Age	EXCELLENT	GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR	VERY POOR
18-25	<79	79-89	90-99	100-105	106-116	117-128	>128
26-35	<81	81-89	90-99	100-107	108-117	118-128	>128
36-45	<83	83-96	97-103	104-112	113-119	120-130	>130
46-55	<87	87-97	98-105	106-116	117-122	123-132	>132
56-65	<86	86-97	98-103	104-112	113-120	121-129	>129
65 +	<88	88-96	97-103	104-113	114-120	121-130	>130

## WOMEN'S OUTPUT TABLE FOR FIT TEST

Age	EXCELLENT	GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR	VERY POOR
18-25	<85	85-98	99-108	109-117	118-126	127-140	>140
26-35	<88	88-99	100-111	112-119	120-126	127-138	>138
36-45	<90	90-102	103-110	111-118	119-128	129-140	>140
46-55	<94	94-104	105-115	116-120	121-129	130-135	>135
56-65	<95	95-104	105-112	113-118	119-128	129-139	>139
65 +	<90	90-102	103-115	116-122	123-128	129-134	>134

## CHAPTER 4: USING THE STEPPER

### 4.6 HEART RATE CONTROL

For your convenience, Matrix Fitness Stepper come standard with digital contact heart rate sensors and are Polar® telemetry compatible.

Locate the metal sensors in the handrail. Notice there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate. The heart rate readout is located in the lower right hand corner and is labeled **HEART HR**.

Follow these easy steps to enter into the Target HR Program.

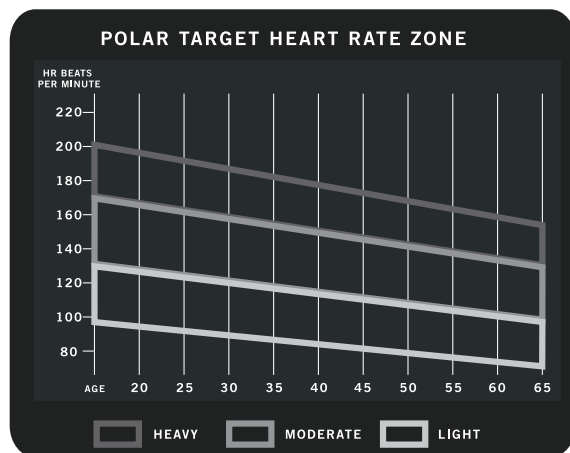
- STEP 1:** Press **TARGET HR** button  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start the program.
- STEP 2:** Select **AGE** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.
- STEP 3:** Select **PERCENT** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.
- STEP 4:** Select **TIME** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.
- STEP 5:** Select **Weight** by using the **UP** or **DOWN ARROW KEYS**.  
Press **START** or **SELECT** to begin workout.  
Display will show "Starting 3, Starting 2, Starting 1."

### 4.7 CONSTANT WATTS

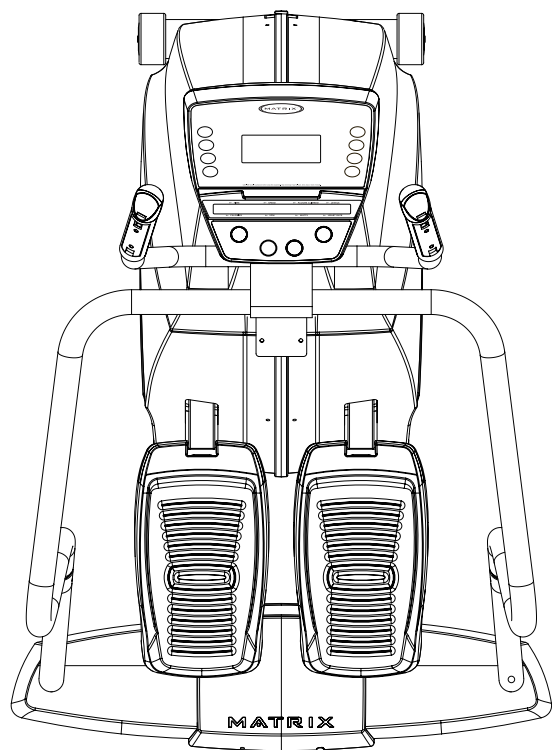
CONSTANT WATTS program is a unique program that allows you to vary your cadence and the Stepper's resistance will adjust accordingly to your selected goal.

Follow these easy steps to enter into the Constant Watts Program.

- STEP 1:** Press **PROGRAM** button  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start the program.
- STEP 2:** Select **WATTS** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.
- STEP 3:** Select **TIME** by using the **UP** or **DOWN ARROW KEYS**.  
Press **SELECT** or wait 5 seconds.  
Selecting **START** will start program.
- STEP 4:** Select **Weight** by using the **UP** or **DOWN ARROW KEYS**.  
Press **START** or **SELECT** to begin workout.  
Display will show "Starting 3, Starting 2, Starting 1."



5.1 STEPPER SPECIFICATIONS



SPECIFICATIONS

Product Name	S3x-01
Foot Print	inches = 45"L x 31"W x 68"H cm = 114 x 78.5 x 172.5
Weight	236 lbs 107 kg
Max User Weight	400 lbs = 182 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25
Power Requirements	120V/220V

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes
Manual	Yes

HEART RATE









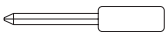



Wireless Heart Rate	Yes
Contact Heart Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

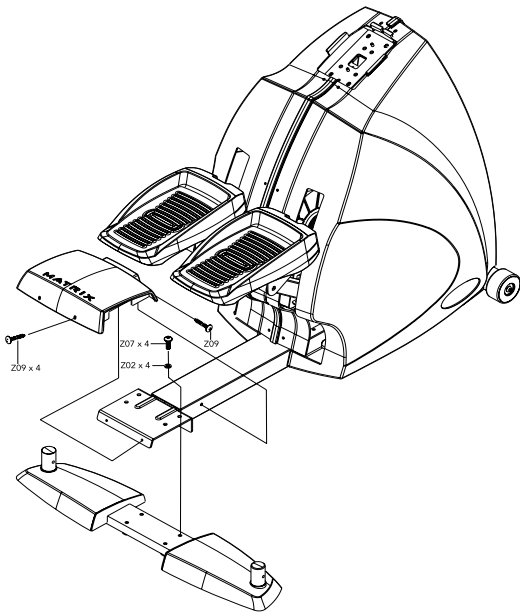
CHAPTER 5: STEPPER SPECIFICATIONS, PARTS, AND ASSEMBLY STEPS

5.2 REQUIRED FASTENERS & ASSEMBLY TOOLS

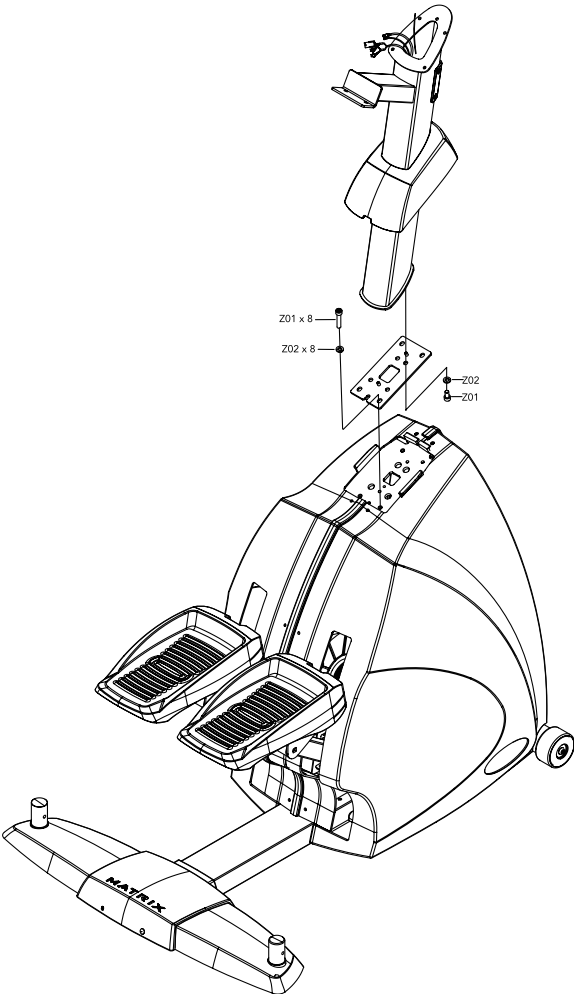
PART #	SKETCH	DESCRIPTION	QUANTITY
Z01		SOCKET HEAD CAP SCREW(M8x16L)	8
Z02		LOCK WASHER	17
Z03		BUTTON HEAD CAP SCREW SET	2
Z05		BUTTON HEAD CAP SCREW(M8x16L)	7
Z06		CUPPED WASHER	8
Z07		BUTTON HEAD CAP SCREW(M8x40L)	4
Z09		BUTTON HEAD MACHINE SCREW(M5x15L)	4
Z10		SOCKET HEAD CAP SCREW(M8x45L)	2
Z50		PHILLIPS SCREW DRIVER(4.5x50mm)	1
Z52		5mm ALLEN WRENCH	1
Z53		6mm ALLEN WRENCH	1
Z11		SOCKET HEAD CAP SCREW M8 x 25	2

5.3 ASSEMBLY STEPS

STEP 1

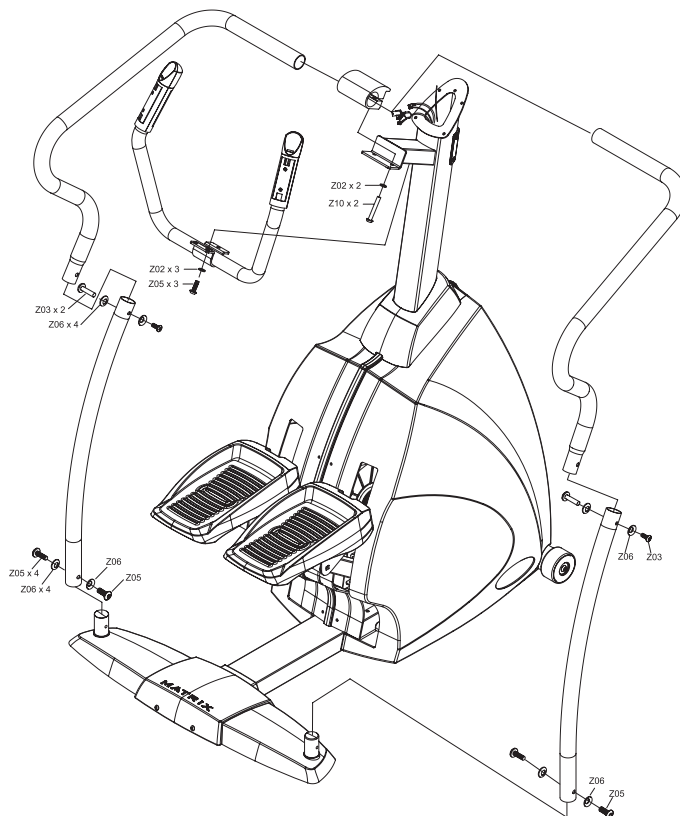


STEP 2

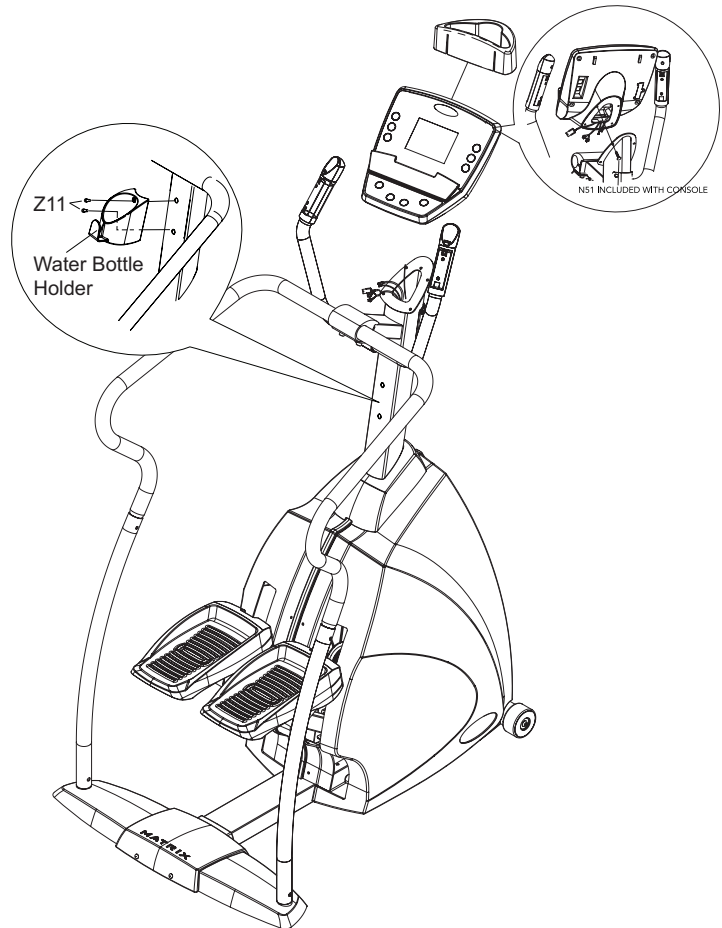


### 5.3 ASSEMBLY STEPS

#### STEP 3

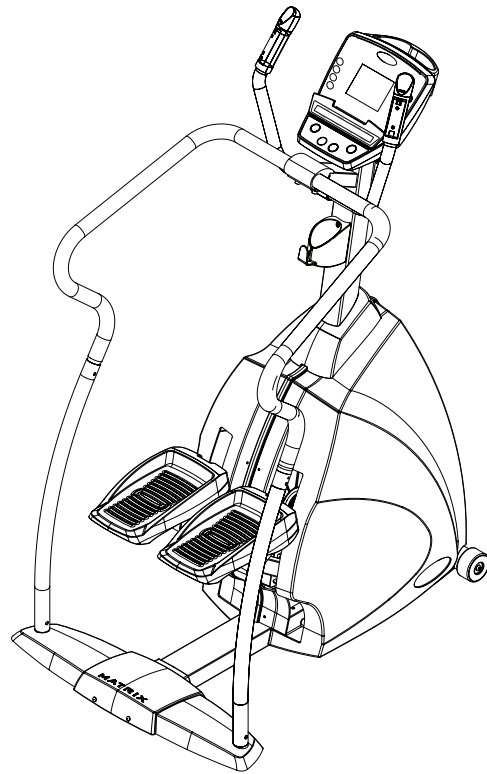


#### STEP 4

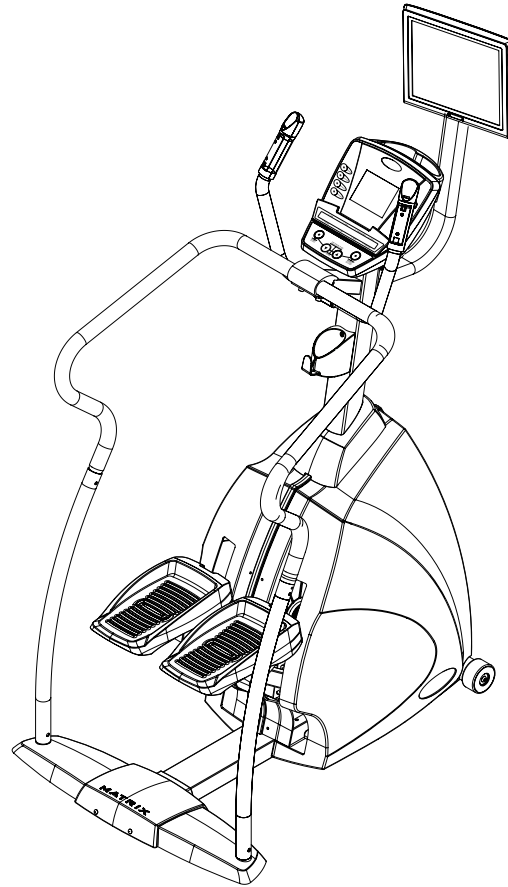


### 5.3 ASSEMBLY STEPS

#### FINAL ASSEMBLY



### 5.4 OPTIONAL ENTERTAINMENT ACCESSORY SHOWN





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